



# THE PACIFIC LETTER

6th Marine Corps District

Island, S.C.



February 2003

Vol. 2, No. 2



**Inside:**

**• RS Nashville Marines  
infiltrate wrestling market  
• Georgia trumpeter  
makes cut for President's Own**



# THE PACESETTER

February 2003  
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## On The Cover



Recruiting Station Nashville Executive Officer, Capt. Robert Hancock, presents the U.S.M.C. Best Match Award and unit coin to the winners of the 103-pound weight class during the TSSAA State Wrestling Championships at the University of Tennessee, Chattanooga McKenzie Arena Feb. 15th. (Full story -- page. 8)

Cover photo by Sgt. Jason S. Fischer

## INSIGHT

**Wartime Recruiting.....3**  
*Col. Thomas E. Gregory*

## NEWS & FEATURES

**Marines educate teachers.....4**  
*SSgt. Jeff Middleton*

**Montgomery computer specialist retires after 44 years service.....5**  
*SSgt. Bryce R. Piper*

**Georgia trumpeter joins President's Own...6**  
*SSgt. Brenda L. Varnadore*

**Montgomery sees 73 percent turnover.....7**  
*SSgt. Bryce R. Piper*

**Nashville Marines infiltrate wrestling market.....8**  
*Sgt. Jason S. Fischer*

**Tourney opens doors for RS Columbia.....9**  
*SSgt. Jay Lamborn*

**Workout and health advice.....11**  
*Ms. Crystal A. Dilliard, RN*

**15th MEU(SOC) lands in Kuwait.....13**  
*Sgt. Joseph R. Chenelly*

**District Statistics.....14-15**

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# Wartime Recruiting

Marines,

Recruiting during times of war is filled with different challenges and great opportunities. The conditions we are facing today are very similar to the conditions we faced 12 years ago during Desert Shield/Desert Storm. In fact, as events have unfolded this time, I have seen recruiting conditions mirror almost exactly what we encountered then. We accomplished our recruiting mission then by adjusting to the terrain and weather on the battlefield and pressing our attack even harder. It wasn't a matter of trying to "work smarter." It was purely a matter of hard work. We didn't waste time trying to figure out the smart way to do things. We shifted our attack on the battlefield to meet the least resistance and accomplished our mission.

Twelve years ago, parents were concerned with the prospect of their sons and daughters going to war. We dealt with those objections where we could. We pointed out that a senior who enlisted in the DEP today would not get to a fleet unit for nearly a year and that the intense training we would provide would prepare him for success anywhere on any battlefield or job market. But, in the end, raising the volume of prospecting in the grad market was the key to our success.

Twelve years ago, there was a vocal minority of citizens who occasionally confronted recruiters about the war. Whenever that happened, we walked away and didn't give the protestors the attention they sought. We avoided confrontation. We didn't publicly criticize those Americans exercising their right of free speech. We shifted our attack on the battlefield to meet the least resistance and accomplished our mission.

Twelve years ago rumors of a return to the Draft abounded. In some cases, recruiters from the other services believed the rumors and stopped recruiting. The Draft never came. The Draft isn't coming back this time either. Frankly, we don't want to fill our ranks with a Draft. Keep attacking.

At some point in the next several weeks, our brothers and sisters deployed to the Middle East will likely be asked to lay their lives on the line to accomplish their mission. We would all like to be there with them. But, the mission we have been assigned is just as critical as theirs. In fact, accomplishment of our mission will have more impact on the future of our Corps than any other mission accomplished by any other Marines. As those deployed Marines lay it on the line and accomplish their missions, the very least we can do to show our support is accomplish ours.

Semper Fidelis,

THOMAS E. GREGORY  
COLONEL OF MARINES



# “MARINE CORPS 101”

## Educators learn from leathernecks

**SSgt. Jeff Middleton**

*Marketing and Public Affairs  
Representative, RS New Orleans*

Educators from Louisiana, Mississippi and Georgia embarked on a life-changing journey recently when they accepted the challenge of viewing, first-hand, Marine Corps recruit training at Marine Corps Recruit Depot, Parris Island, S.C.

More than 70 educators, which included school district superintendents, high school principals, and senior class guidance counselors, were part of the Marine Corps' Educators' Workshop, an annual trip that is aimed at educating the educators on life in the Marine Corps.

The four-day trip, which began Jan. 28, acquainted the educators with the Marine Corps and the transformation a civilian makes into earning the title



Photo by SSgt. Jeff Middleton

*Educators from Louisiana and Georgia attend an Educators' Workshop aboard Marine Corps Recruit Depot, Parris Island, S.C. Jan 28 - 31. They got the chance to see recruits train, but also received hands-on training with how to fire the M-16A2 service rifle.*

“Marine.” While at the recruit depot, educators saw every facet of training and spoke to recruits from their local areas. They were invited to personally experience several aspects of training, including leadership reaction courses and firing the M-16A2 service rifle.

Gwen Duet, a guidance counselor and the department head at E.D. White Catholic High School in Thibodaux, La., noted the trip answered a lot of questions for her at an especially critical time - her son is interested in joining the Marines.

“I did have a fear of my son going through recruit training (before the trip),”

said Duet. “I feel much more confident in recommending it now that I have seen it first hand.”

According to Capt. Vince Bosquez, executive officer, RS New Orleans, the Educators' Workshop is an RS's prime opportunity to provide high school educators an opportunity to witness recruit training - as it happens- and to ask questions not only to

Marines supervising the training, but to the actual recruit who is undergoing the training.

“Just about everyone I know who has been on an Educators' Workshop says it has renewed their confidence in America's military, and in the men and women who are in its ranks,” Bosquez said. “This visit demonstrates to them that the Marine Corps is not a student's final option after high school; instead, the visit proves that earning the title “Marine” is just as rewarding and career enhancing as obtaining a college diploma.”

“This trip is all about showing what lies in the hearts of the young men and women who make the decision to become Marines,” said Maj. James D. Christmas, commanding officer, RS New Orleans. “These kids are standing up for our country and are patriots. The educators see that in their eyes. It is the unmistakable trademark of a Marine.”

This sentiment is one that was echoed by most of the educators on the trip. Paige Davis, an instructor at Baton Rouge Community College, noted that the experience succeeded in creating a positive insight into the Marine Corps and its training methods.

“Not just anyone can earn the title ‘Marine,’” said Davis.



Photo by SSgt. Jeff Middleton

*Upon arriving at Parris Island, S.C., educators experience the same high-intensity “get-off-my-bus” treatment that new recruits receive. Here they just got their first lesson -- cover, align, eyes forward and silence.*



# RS Montgomery computer specialist retires after 44 years of government service

SSgt. Bryce R. Piper

*Marketing and Public Affairs  
Representative, RS Montgomery*

The United States military has seen and resolved many conflicts since 1959. Hundreds of thousands of men and women have served their country in the Armed Forces and Department of Defense during these past 44 years, but very few have served through them.

Recruiting Station Montgomery recently bid a fond farewell to William B. Freeman, the RS Computer Specialist who has served his country since 1959. Freeman, or "Bill" to his friends, enlisted as an Airman that year. When he separated four years later he realized the grass wasn't as green as he'd thought and came back to what turned out to be a lifetime career of service.

"I got out after four and thought I missed it and got back in," Bill reminisces. "It was actually the people I missed. I made a lot of friends," said Bill in his unhurried Southern way.

He served 24 years and seven months in the Air Force, retiring as a Master Sergeant. "The last 15 years I was in computers; the first 10, I was supply," Bill said of his Air Force career. In following 20 years as a civilian government employee, Bill said he has held many different positions. He

***"It probably won't hit me until later, when I don't have to get up in the morning."***

- Bill Freeman,  
Retired Computer Specialist,  
RS Montgomery



U.S. Air Force photo by MSgt. Fernando Serna

Bill Freeman entered the Air Force in 1959. That year the T-38 Talon first flew. Today the Air Force's Air Education and Training Command flies the modified version of the T-38, the AT-38B, to prepare pilots for fighter aircraft such as the F-15, F-16, A-10 and F-111.

worked at the Center for Disease Control in Reston, Va., and Huntsville, Ala., and as the Automated Recruit Management System operator and then Computer Specialist with RS Montgomery.



Photo courtesy of Bill Freeman

Here, Bill Freeman types away in RS Montgomery. This photo was taken in 1991.



Photo by SSgt. Bryce R. Piper

Retired Maj. Mark E. Costello reads a retirement gift plaque while presenting it to William Freeman. Freeman retired after 44 years of service to the nation.

Even after a lifetime of government service, Bill said he felt like his retirement snuck up on him.

"It probably won't hit me until later, when I don't have to get up in the morning," he said. "In a way, I hate to leave. It's about time I leave, I am sixty-five."

He said his family is proud of his service and glad he will now take it easy.

"Oh they think it's a good thing," Bill said of his family, including his two grandchildren.

"I'll visit them more. Maybe that's not a good thing for them," he joked. "Maybe I can have a good garden in the summertime, devote most of my time to that and my yard. My wife's been after me for years to work as much in the yard as I do in the garden but I don't. Maybe now I can have a nice yard."

"I'll get a job somewhere, a part-time job," Bill added. "Maybe with the YMCA in the fitness center — I need to be there," he said with a grin, "show everybody what they can turn into."

# Trumpeter lands full-time presidential gig

*Georgia native's trip for tryout pays off*  
**SSgt. Brenda L. Varnadore**

*Marketing and Public Affairs Representative, RS Atlanta*

Many of America's children are introduced to music while still in elementary school. Few will carry this musical learning beyond high school; fewer still will continue this talent into college. Only a handful will qualify for the most elite musical organization in the nation - The President's Own.

For one young Georgia native, this acceptance came unexpectedly. Brian Clifton Turnmire recently traveled to Virginia to audition for the top Marine musical association. He did not believe he would get the job, after all, he never had a job before.

"There were 36 other people who auditioned at the same time as me," said the 24-year-old trumpet player. "My competitors were graduates of Julliard, working on their master's. I went to the University of Georgia at Athens."



Photo by SSgt. Brenda L. Varnadore

Brian Clifton Turnmire recently auditioned to become a trumpeter in The President's Own. He made the cut, however, he had to overcome one challenge before he could join up with the famed band -- meeting height and weight standards.

Auditions for the President's Own are similar to those of major symphony orchestras. Auditionees perform behind a screen to ensure anonymity. The audition committee then makes its selection based on musical ability and a subsequent personal interview.

Even after this interview process, prospects then undergo an extensive background investigation in order to obtain a Top Secret Security Clearance with Category III White House Access.

While Turnmire was accepted into the President's Own, he had one obstacle to overcome to completely qualify for the part.

According to Sgt. Aaron Avery, recruiter, Recruiting Substation West Georgia, Turnmire did not meet the height and weight standards for Marine enlistment, something required for every member of the President's Own. But his desire to fulfill this prestigious position,

gave him the drive to get on the track, everyday.

Turnmire says he ran every day to meet his weight standards. At times, he got so frustrated he would think about taking another job offer, with the Chattanooga Symphony. However, perseverance pushed him to reach his goal and 40 pounds later, he is on his way to the White House.

"I love running now," said the Ridgeland High

School graduate. "It helps me play my trumpet a hundred times better."

Turnmire carries at least three of his seven trumpets wherever he goes. Whenever he has free time, he pops out his trumpet and plays.

"I got goosebumps when he started playing Taps while he was waiting to sign his enlistment paperwork," said Sgt. Charles Snow, operations clerk, Recruiting Station Atlanta. "You can just hear why he got

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**"My competitors were graduates of Julliard, working on their master's."**

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- Brian Clifton Turnmire,  
Trumpeter, The President's Own

selected."

The irony of it all, said Turnmire, was the trumpet was not his original instrument of choice. When he decided to play an instrument in 6th grade, he wanted to play something he felt was more popular - the clarinet.

"My mother wanted me to play the trumpet though," said Turnmire. "She wanted me to play something I could also play in the church."

Studying at UGA, Turnmire said he learned from the best. He studied under Fred Mills, once part of the Canadian Brass.

Excited about the new adventure he is about to embrace, Turnmire said he is proud to become part of the Marine Corps. Like all members of the President's Own, he enlisted as a staff sergeant. Following selection and successful completion of a physical examination, Turnmire enlisted under a four-year contract "for duty with the U.S. Marine Band only," guaranteeing exclusive assignment to the President's Own. Assignment to staff sergeant allows the band to offer a salary commensurate with comparable civilian symphonies of such musical caliber.

While Turnmire will not undergo recruit training, he will report directly to Washington, D.C. for on-site training in necessary military subjects in a structured program aiding him to make the transition to a member of the Marine Band.

# RS Montgomery staff turns over 73 percent since April

SSgt. Bryce R. Piper

*Marketing and Public Affairs Representative, RS Montgomery*

Frequent turnovers are a part of working life in the Marine Corps, and in some cases it takes time for a Marine to 'snap in' to a new billet. But new Marines bring fresh ideas and ways of doing business, foiling the potential for stagnation. This is certainly the case for RS Montgomery where the Marines vow to improve their pace, having turned over 73 percent of RS staff and support since April 2002.

The most recent and significant passing of batons occurred Jan. 3 when Maj. Mark E. Costello relinquished the Recruiting Station Colors to Maj. Hugh R. Ware, signifying Maj. Ware's assumption of command upon Maj. Costello's retirement. Almost every section in the RS has new personnel.

"Major Costello and the Marines who left made great strides in improving this recruiting station," said Ware. "We plan to maintain that momentum and achieve even more in the days to come."

The executive officer post also has a new face. Captain Earl H. Patterson V, assumed the duties of (then) Capt Ronald J. Peterson June 7. Patterson said that while his duties are many and multi-faceted, he enjoys the challenge of helping the recruiters make mission. Now Major Peterson earned promotion to his present rank and leads Marines at the G-4 for III Marine Expeditionary Force in Okinawa, Japan.



Photo by SSgt. Bryce R. Piper

Captain (now Major) Ronald Peterson examines a ceramic knight, given to him as a token of thanks for hard work and dedication while serving as executive officer of RS Montgomery. Major Peterson now works at the G-4, III MEF, Okinawa, Japan. Captain John Marcinek, former operations officer who separated in July 2002, looks on.

The operations section said goodbye to Capt John A. Marcinek when he honorably discharged in July, then stood at attention when CWO2 Henry L. Cooke, III, came aboard kicking in doors and taking names. The new operations officer has in-depth recruiting experience, having served in differ-

ent recruiting billets for more than nine years.

The operations section also lost its workhorse, Sgt. Patrick S. Blasingame, when he honorably discharged in December. The section will be in good hands, however, with new joins Cpl. Thomas R. Hays and Cpl. Demarco J. Moss. Computer

Specialist William Freeman made his home in the ops office, until his retirement in December.

Sergeant Maj. Jesus Jimenez retired in April, passing his torch on to SgtMaj. Russell C. Carson. Pool Coordinator SSgt. Ricardo Hernandez took over that billet in May from GySgt. James Edwards, who now serves at Camp Lejeune. Gunnery Sgt. Frederick Gaston, former NCOIC of RSS Montgomery and RSS Fort Walton, filled the vacant role as assistant recruiter instructor.

Even the logistics section had a full personnel change when Logistics Chief GySgt. Erwin C.

Freeman retired in July, turning his duties over to the experienced GySgt. Clarence H. Lea. And Logistics Clerk Paul S. Causey honorably discharged in October was replaced by Cpl. Lance Robinson.



Maj. Hugh R. Ware



Photo by Sgt. Julian A. Blair

Marines from RS Jacksonville advanced to the national "Let it Fly" flag football tournament Feb. 9.

## Jax Marines advance to flag football championships

SSgt. William B. Price

*Marketing and Public Affairs Representative, RS Jacksonville*

Marines from Recruiting Station Jacksonville left their loved ones behind February 8-9 to go to war.

Only on this weekend, the battlefield was Jacksonville's Eagle Harbor Soccer Park and the enemy was everyone who stepped onto the gridiron to oppose the Marine team during the 2003 "Let it Fly" Flag Football Tournament.

Entering its 10th year, Let It Fly is the largest four-on-four flag football tournament in the nation. It spans many cities across the nation, from San Diego to Miami.

When offered the opportunity to "enlist" in one of four categories - Top Gun, Competitive, Recreational or Couch Potato - the Marines of RS Jacksonville had only one real choice.

More than 2,000 players went head-to-head.

**See Football, Page 12**

***Recruiters meet the high school champs ... Both have the warrior mentality, the guts to keep fighting and discipline to overcome adversity.***

# RS Nash. Marines infiltrate wrestling populace

**Sgt. Jason S. Fischer**

*Marketing and Public Affairs Representative, RS Nashville*

Marine Corps recruiters from the Chattanooga, Tenn. area and Marines from the All-Marine Wrestling Team interacted with thousands of Tennessee's finest athletes February 13 -15 during the 2003 Tennessee Secondary School Athletic Association's State Wrestling Tournament.

The recruiters challenged competitors and spectators alike at the Chin-Up Challenge, testing the wrestlers true mettle at the three-day event. The event was beneficial for the recruiters because they had a naturally highly-qualified pool of prospects to interact with.

"It's an awesome opportunity because the wrestlers already have a lot of what the Marine Corps is looking for," said recruiter Sgt. Grant Searer. "They understand and live by self discipline and physical fitness."

The marketing director for the



Photo by Sgt. Jason S. Fischer

2003 All-Marine Wrestler, Sgt. Rob McKenney throws teammate Cpl. Curtis Barnes during a wrestling clinic at the Tennessee Secondary School Athletic Association's State Wrestling Championships at the University of Tennessee, Chattanooga.

TSSAA, Courtney Brunetz, said the Marine presence adds something special to high school athletics.

"I definitely think the students benefit with the Marines being present at the events," she said. "The students have the opportunity to meet the Marines and learn what they do in a fun and non-threatening environment."

Marines from the All-Marine Wrestling Team, Sgt. Rob McKenney and Cpl. Curtis Barnes, added to the championships by performing wrestling clinics

between sessions. The high school wrestlers watched closely as the Marine wrestlers demonstrated various moves and

throws.

Brunetz said the TSSAA appreciates the Marines being at the championships because they provide an exciting environment similar to a smaller-size Olympic Games.



Photo by Sgt. Jason S. Fischer

2003 All-Marine Wrestler Cpl. Curtis Barnes, from Suffolk, Va., counts chin-ups during the Chin-Up Challenge at the Marine Corps booth.

"The students and adults gravitate around the booths and cheer for the students on the pull-up bar," Brunetz said. "It's amazing how everyone is on the same team while at the booth."





Photo by Sgt. Jason S. Fischer

Sergeant Grant Searer (far left), canvassing recruiter at Permanent Contact Station Cleveland, Recruiting Substation Chattanooga, RS Nashville escorts Blue Star Mother Patti Dyer, while Sgt. Ben Stone, canvassing recruiter at RSS Chattanooga, escorts Blue Star Mother Susan Johnson. The Marines honored the mothers in front of thousands of people during the TSSAA State Wrestling Championships in Chattanooga, Tenn. Feb. 13-15.

Prior to the wrestling finals on the last day of competition, recruiters honored two local mothers of Marines, Patti Dyer and Susan Johnson with Blue Star presentations. The mothers were recognized for their support of their sons, who are both currently deployed in the War on Terror. The crowd rose to its feet with a standing ovation as the women were recognized.

"The spectators' reaction during the Blue Star Mother presentation truly exemplifies the feeling of the crowd," Brunetz said. "I definitely think this presentation was a successful and emotional ceremony."

"The crowd was very receptive to us, and seemed grateful that we were there," agreed Searer. "The Marine Corps presence was overwhelming and it was a really great deal to spend the tournament with such a fine group of teens."

The Marines closed the event with the presentation of team trophies and the "United States Marine Corps Best Match Award," an honor presented to wrestlers who demonstrated the greatest determination, skill and overall superb performance.

Events like the wrestling tournament prove to be mutually beneficial to all who are involved.

"We truly appreciate this relationship and feel that it is a win-win situation for the TSSAA and the Marines," Brunetz said.

The Marines plan on nurturing that relationship by supporting other state championship events throughout the year.

## Tourney opens doors for Columbia Marines

SSgt. Jay Lamborn

*Marketing and Public Affairs Representative, RS Columbia*

Recruiting Station Columbia Marines conducted enhanced area canvass operations at four wrestling tournaments during December and early January that resulted in leads from more than 50 schools.

The tournaments were the Rebel Wrestling Invitational at James F. Byrnes High School, Greenville; the Gaffney Indian Invitational, Gaffney High School, Gaffney; the Dreher Blue Devil Invitational, Dreher High School, Columbia and the Ridge View Blazer Invitational, Ridge View High School, Columbia.

The events have led to 78 qualified leads and 200 coming of age leads.

Each tournament included the traditional chin-up challenge along with special presentations, such as the Marine Corps Sportsmanship Award and Blue Star Mother presentations. The Rebel and Gaffney Indian tournaments included wrestling clinics by All-Marine wrestling team members.

Wrestlers and Marines share a lot of common traits, according to Maj. Chuck

Dunne, commanding officer, RS Columbia.

"Wrestlers are normally hard working, physically fit and disciplined," Dunne said. "These traits help make Mrines successful."

Dunne worked to tighten this bond by contacting Maj. Jay Antonelli, coach of the All-Marine Wrestling Team, and asking for some support.

Antonelli sent two wrestlers to the tournament at Byrnes High School, the largest of the four tournaments with 36 schools represented. The day prior to the Gaffney tournament LCpl. Jacob Clark, an internationally ranked wrestler, led a 90-minute practice at Gaffney High School.

**"These traits help make Marines successful."**

- Maj. Chuck Dunne, Commanding Officer, RS Columbia

Sergeant Jesse Hargrave and SSgt. Marcel Cooper spoke to students at Byrnes High School for nearly an hour the day prior to the tournament, along with recruiter SSgt. Kenneth

Diehl of Recruiting Substation Spartanburg. The crowd included teachers, JROTC cadets, wrestlers and students from several classes.

"We talked about the Marine Corps' mission, jobs and athletic opportunities," Diehl said.

**See Wrestling, Page 12**

# Father reviews son's accomplishments

**Cpl. Shawn M. Toussaint**

*Combat Correspondent,  
MCRD San Diego*

For Michael F. Barrett, boot camp graduation was the proudest moment of his life.

Today, Senior Drill Instructor SSgt. Barrett will add another enormously proud moment to his life's accomplishments. He will lead his final platoon past the reviewing stand under the watchful eye of the reviewing officer, his father, retired Marine SgtMaj. Donald J. Barrett.

The graduation of Platoon 2141 will take its place right next to his recruit graduation as one of his proudest.

"Graduating as a Marine was one of the proudest days of my life," said Barrett. "This is going to be right behind that. I feel like a little kid waiting for Christmas."

Staff Sgt. Barrett wasn't the only one anticipating the big day.

"I am very proud of him," said Donald Barrett, former sergeant major of 2nd Recruit Training Battalion here. "I know it's a big day in his life, but it's also a big day in mine. It's going to be like a homecoming."

Barrett is a proud son who thanks his dad for his success in life and in the Marine Corps.

"I look up to him," said Barrett about his father. "He has been a friend and a role model. Not a day goes by that I don't hesitate to call if I need something."

"He's always there to give me advice about life and guidance

about the Marine Corps," he added.

Although Barrett grew up in a Marine household, his father never made his son feel like being a Marine was something he had to do.

"He has never pushed me to do this or that," said the staff sergeant. "It has



Photo by Cpl. Shawn M. Toussaint

Staff Sgt. Michael F. Barrett, senior drill instructor, Platoon 2141, Company F, MCRD San Diego, Calif., has many things in common with his father, retired U.S. Marine Corps SgtMaj. Donald J. Barrett. Both not only served on the drill field, but both worked at 2nd Recruit Training Battalion as well. Retired SgtMaj. Barrett now serves as the Marine Corps JROTC Marine instructor at R.S. Central High School in Rutherfordton, N.C.

always been my decision, but always with good, solid advice from him."

Perhaps the greatest lesson Barrett learned from his dad was the importance of self-confidence. Barrett's superiors and peers have noted his self-confidence to be one of his most valuable assets.

"No matter what the situation is, he is always confident and in control," said SSgt. Sean P. Farrow, chief drill instructor, follow series, Co. F. "His confidence in what he does reinforces his knowledge and professionalism in the eyes of his fellow drill instructors and recruits."

Like many great athletes, Barrett has the ability to improve not only his performance, but the performance of those around him as well.

"He taught me the ropes and how to be an effective drill instructor," said SSgt. Maurice A. Smith, drill instructor, Platoon 2141, Co. F. "Working with him has made me a better drill instructor."

Confidence is a key element in being an effective teacher, according to Barrett. He uses it to gain the trust of the recruits he trains.

"Recruits are not dumb," said Barrett. "They can see through you and know if you know what you're doing."

"If you don't show them you have confidence in what you're teaching, it will reflect on them and they won't feel confident in what they're learning," added Barrett.

Being a product of the Corps himself, Barrett is a firm believer in the benefits recruit training can have on a young man's confidence.

"It's remarkable to see how their confidence grows with each phase of training," he said proudly.

"It's a wonderful thing to know I helped make a positive impact on another person's life."

Just as his father emphasized the importance of self-confidence to him, he emphasizes it to his recruits and teaches them how it is the key to being successful.

**See Barrett, Page 12**

***"If you believe in yourself,  
there is no reason for you  
not to be successful in any  
endeavor you partake."***

- SSgt. Michael F. Barrett,  
Senior Drill Instructor,  
Plt. 2141, Co. F., MCRD San Diego

# Exploring proper running technique

Ms. Crystal A. Dilliard, RN

*Semper Fit Health Promotions Director,  
MCCS South Carolina*

Per Marine Corps Order P6100.12, 'every Marine must be physically fit regardless of age, grade or duty assignment. Physical fitness is essential to day to day effectiveness and combat readiness of the Marine Corps'. One good way to stay fit is running. Everyone has their own style, but it is relatively natural. However, proper running technique can help improve your efficiency and time. We will address proper running technique using a head to toe approach.

#1 To create a stable running form, start by keeping your head in a neutral position. Don't let your head roll from side to side or bob up and down. Keep your head forward, looking slightly upward.

#2 Proper breathing technique plays an important role. Shallow breathing limits the amount of oxygen we take in and the amount of carbon dioxide we expire. It also causes muscles to tighten up and builds tension. To promote proper use of the diaphragm muscle (the muscle between your chest and abdomen), concentrate on a long exhale before inhaling.

Breathe out through your mouth and in through your nose. This will help you develop a much deeper breathing pattern, and improve aerobic endurance and intensity.

#3 Decreasing tension in your upper body will help you conserve energy. When shoulders are tense or rise up, you lose

fluent arm swing. This causes less productivity and consumes a lot of energy. You want to keep your torso relaxed. Try to maintain a hollow, loose feel to your lower jaw and drop those shoulders. Don't tense your fists. This takes practice but will help in the long run.

#4 Make sure your arms swing evenly and freely. If they



Pacesetter File Photo

don't, this may indicate that you are compensating for poor form in another area of your body. A proper warm up that incorporates light stretching is essential. This includes a good stretch of your lower back and hamstrings which can help with your overall running technique. Stretching will also help increase your range of motion and decrease risk of injury.

#5 If you run with your waist in a forward lean, you are consuming too much energy without getting

any benefits. Try to straighten your torso and push your hips into a forward position. This will put your center of gravity in the proper position and will make it easier for you to run.

#6 Some runners may need to look at their stride. Be conscious of where your foot lands. If your foot lands in front of your knee you may be extending your foot too far in front of your body. This takes more energy and will slow you down. Also, don't hyper-step. The speed you run and the length of your stride should be controlled from the large muscles groups in your lower body. On full extension don't lock your knee, keep it soft at all times. This will improve your stride and cadence. Work on your foot striking the ground directly under your knee.

While analyzing your technique, practice one area at a time until it becomes second nature. You may find it helpful to use a mirror or enlist a buddy to critique your form.

It is important to add that proper running shoes and hydration are also essential components to effective running. By improving your technique, you may even improve your running time.

For more information on proper running technique contact Semper Fit Health Promotions and Fitness office, 843-228-7010.

## What is Aerobic Conditioning?

Did you know ... your body could survive weeks without food, days without water, but only minutes without oxygen? Your body's efficiency depends on its ability to circulate oxygen to every cell, the way it was designed to do. Aerobic conditioning, also known as cardio-respiratory endurance, is a way to train your heart and other muscles to use oxygen as efficiently as possible.

Aerobic exercises consist of repetitive activities which put an increased oxygen demand on your heart, lungs and body system, and strengthens them.

For more information, call Semper Fit Health Promotions and Fitness office, 843-228-7010.

### Aerobic conditioning's benefits:

- ❖ Potential increase of life expectancy
- ❖ Reduces fatigue
- ❖ Improves overall health and well-being
- ❖ May reduce stress
- ❖ May reduce blood pressure
- ❖ May reduce cholesterol
- ❖ Improves sports performance
- ❖ Promotes relaxation and sleep
- ❖ And much, much more



## From Football, Page 7

Each team had one goal in mind: advance to the nationals in Lakeland, Fla., May 24-25.

"Recruiting duty keeps us so busy, I knew we would never have time to practice," said Sgt. Chad Miller, a recruiter with Recruiting Substation Jacksonville. "If we were going to have any chance, it would have to be against other couch potato teams like us!"

After working the Enhanced Area Canvassing booth all morning, the recruiters of RSS Jacksonville, augmented with RS Headquarter's Marines, took to the field in the early afternoon.

After jumping out to an early 13-0 lead in the first game on two long balls for touchdowns to Miller and Sgt. Cornell McCray, RS Jacksonville supply clerk, Team Marines was feeling confident. Defensively, McCray, with two interceptions, and Miller combined for three interceptions in the first three series; however, the tide began to turn against our heroes.

"I thought this is going to be easy!" said Sgt. Tato Rivera, RS Jacksonville operations clerk. "We had no worries."

However, Team Sea Bass begged to differ. Their squad combined for 28 unanswered points to secure a 28-13 victory over Team Marines in the first game.

In the second game, Team Marines, in the 27 to 30-year old age group, somehow faced a group of speedy teenagers.

"Those guys were no couch potatoes," said Sgt. Anton Cuevas, an Orange Park

recruiter. "We had the experience, but their endurance and agility killed us."

Despite another valiant effort, Team Marines fell to the want-to-be Couch Potatoes, 28-18.

By the end of the first day, Team Marines left the field, beaten and bruised, but knew they would have one more chance at redemption to make the playoffs.

On a day when the weatherman reported a 50 percent chance of rain and highs in the 60s, the downpour never stopped and the high did not break 50 degrees.

Facing the Fat Boys, Team Marines immediately recognized fellow couch potatoes and knew losing could not be an option.

On the strength of Rivera's arm, the operations clerk hit Sgt. Julian Blair, 6 Marine Corps District's Enhanced Marketing Vehicle driver, on three consecutive touchdowns to build an insurmountable 18-0 lead. The Fat Boys did their best to fight their way back, but fell short, 25-20. With the win, Team Marines made the playoffs!

The officials made the call to postpone the tournament. All teams who made the playoffs received an invitation to the national tournament in May.

With the recruiting mission taking priority, the Marines of RS Jacksonville will have to wait and see if they will be able take their game to Lakeland; however, in the meantime, team practices will definitely be on the training calendar.

## From Barrett, Page 10

"I tell them, 'If you believe in yourself, there is no reason for you not to be successful in any endeavor you partake,'" said Barrett.

"That is what I try to teach recruits ... it is the first step on the ladder to success," Barrett added.

Barrett's confidence has led him down many different paths, including the path that leads to matrimony.

While stationed at Marine Corps Base Quantico, Va., as a military policeman, he met his wife.

One day, while enjoying one of his favorite past times, basketball, he made eye contact for the first time with the woman he now calls his wife.

After the game, the confident Marine respectfully introduced himself.

"At the time, I thought, 'Wow, who is this guy?'" said Tasha Barrett as she reminisced.

"Barrett's future goals are aimed at continuing to make a positive impact on the lives of the people he comes across," she said.

"I am extremely proud of him," said retired SgtMaj. Barrett, now a MCJROTC instructor at R.S. Central High School, Rutherfordton, N.C. He consistently leads the cadets to winning countless awards -- such as honor school, five years running.

"He has made his mark, and people are going to remember him for what he did for them."

## From Wrestling, Page 9

**B**oth the Rebel and Gaffney tournaments gave the Marines a chance to honor stand out performances and special sacrifice.

Woodruff High School and Spring Valley High School wrestlers were the recipients of the Marine Corps Sportsmanship award, the brainchild of the Columbia Marines.

The Rebel, Blue Devil, and Ridge View tournaments opened with Blue Star presentations, while the Indian tournament presentation took place at the beginning of the awards ceremony, which led to a quickly solved problem.

"The tournament was over about 90 minutes early," Diehl said. "We had told a couple of Marine's mothers about the event and asked them to come to receive a certificate from us. Well, there was no way we could get the crowd to stick around, so we started to look for a solution when the time discrepancy became apparent."

A lady standing near Diehl and Clark heard them talking of the dilemma and informed them that her sons were all three members of the armed services, with one having recently returned from supporting Operation Enduring Freedom. Some quick script changes were made and everything went on as planned.

# 15th MEU(SOC) lands in Kuwait

**Sgt. Joseph R. Chenelly**

*Combat Correspondent,  
I Marine Expeditionary Force*

The 15th Marine Expeditionary Unit (Special Operations Capable), which was the first Marine force on the ground in Afghanistan at the start of Operation Enduring Freedom, began moving ashore at a port in Kuwait just after dawn Feb. 12.

The unit brings with it 2,000-plus highly-trained Marines who are certified capable of completing numerous operations to include airfield seizures, tactical recoveries of personnel and aircraft, amphibious raids and humanitarian assistance.

During the early days of Operation Enduring Freedom, the 15th MEU(SOC) played several key roles in defeating the Taliban. They secured several airfields in Pakistan for search and rescue teams and forward refueling sites. In late November of 2001, they seized a

forward operating airfield, later dubbed Camp Rhino, in southern Afghanistan. Also, through route interdictions, elements of the 15th MEU(SOC) closed known Taliban supply routes. The Marines later secured Kandahar International Airport, which is still being used by coalition forces. After a brief return to California, the unit is back in the Middle East.

"Everyone is happy to be part of this unit," said Sgt Dmitriy Zaretski, a 24-year-old scout with the 15th MEU(SOC)'s light armored reconnaissance element. "There is strong cohesion here. We're ready to go no matter what mission we're given."

The first assets to come ashore in Kuwait were the unit's light and heavy armored vehicles. The vehicles and its accompanying leathernecks later convoyed to a bivouac site in the Kuwaiti desert.

"Everything is going just as planned - fast," Zaretski, a Los Angeles native, said. "We're glad to be off the ship and on steady ground."

The Marines, who are coming ashore during a massive military buildup in the Persian Gulf, understand the situation in the region. With President George W. Bush's spokesman recently confirming that discussions had begun at the United Nations over the wording of a new resolution to enforce the one approved last fall ordering Iraq's disarmament, the Marines coming ashore are well aware of possibilities of combat in Iraq.

"We've had lots and lots of anti-armor classes

covering Iraq's tanks and weapon systems," said Lance Cpl David A. Evans, a 25-year-old Juneau, Alaska, native and anti-armor assaultman with the MEU(SOC)'s Combined Anti-Armor Team. "We've had a lot of tank identification classes. We can take out anything they have with the Javelin [anti-armor missile system]."

A MEU is composed of four major elements: a ground combat element, an aviation combat element, a combat service and support element and a command element. The GCE is a reinforced infantry battalion. The ACE is a helicopter augmented with heavy-lift helos and Harrier attack jets. The CSSE is a group of engineers, medical personnel, mechanics, military police and various other support units. The CE is made up of planners, intelligence assets, communication specialist and several staff sections.

The "special operations" element of the 15th MEU(SOC) is its Maritime Special Purpose Force. The MSPF is made up of a Force Reconnaissance platoon, a specially trained rifle platoon and several other attachments that can be tailored to fit different missions. This elite group trains for urban combat strikes, close-quarters battle and search and seizures of ships.

Every Marine expeditionary unit completes a rigorous training program prior to deploying. The culmination of the workups is a final exercise in which every aspect of the unit is evaluated by a special operations training group. If the unit passes, they are certified "special operations capable."

The 15th MEU(SOC) left Camp Pendleton, Calif., embarked aboard three amphibious assault ships in early January. The ships are USS Tarawa (LHA-1), USS Duluth (LPD-6) and USS Rushmore (LSD-47).

The unit will conduct training to sustain its capabilities while in Kuwait.



Photo by Cpl. Anthony R. Blanco

*ABOARD USS DULUTH – Corporal Mark E. Moore, 27, a native from Nashville, Tenn., who is an automatic machine gunner with, Trailer Platoon, Battalion Landing Team 2/1, 15th Marine Expeditionary Unit (Special Operations Capable) guards a passageway while his peers conducted a Visit Board Search and Seizure exercise Jan. 28. During the raid, Marines and Sailors part of a Maritime Special Purpose Force searched for weapons and intelligence from terrorists. Among other missions, the MEU trains for urban combat strikes and close-quarters battle.*

# SETTING THE PACE



## DISTRICT BESTS

**ATLANTA**  
RSS: DULUTH  
NCOIC: GYSGT SAWYER  
RECRUITER: SSGT SHERRON

**FT LAUDERDALE**  
RSS: PERRINE  
NCOIC: SSGT LUCAS  
RECRUITER: SGT GOEBEL

**MONTGOMERY**  
RSS: FORT WALTON  
NCOIC: SSGT GONZALEZ  
RECRUITER: SSGT SWANSON

**NEW ORLEANS**  
RSS: BATON ROUGE  
NCOIC: GYSGT COMEAUX  
RECRUITER: SSGT SULLIVAN

**COLUMBIA**  
RSS: N. CHARLESTON  
NCOIC: MSGT JAROSZ  
RECRUITER: SGT CRAIN

**JACKSONVILLE**  
RSS: JAX BEACH  
NCOIC: SSGT REID  
RECRUITER: SSGT ECKARDT

**NASHVILLE**  
RSS: COOKEVILLE  
NCOIC: GYSGT HOBBS  
RECRUITER: SSGT HUTSELL

**ORLANDO**  
RSS: RIO PINAR  
NCOIC: SSGT CAMACHO  
RECRUITER: SSGT MILLER

### Jan Prior Service Recruiting Standouts

RNCO	TOTAL	MOS MATCHES	RETRAINS	MATCH RATE
SSGT M. BUTLER	12	8	4	66.67
SSGT S. SWEENEY	10	7	3	70.00
SSGT G. GRISHAM	8	6	2	75.00

### Spotlighted Leader in The Fight

**GySgt. Mark Johnson,  
NCOIC, RSS Hollywood, Fla.**

Recruiting Substation Hollywood, Fla., has marked its spot as one of RS Fort Lauderdale's superior achievers. Since GySgt. Mark Johnson became the NCOIC in July 2002, RSS Hollywood has not missed its monthly mission. He is ranked top-19 among the NCOICs in the 6th Marine Corps District. Johnson said he is a profound believer in honesty. "I keep in mind that I will be making a change in someone's life -- not just for a couple of days."

He attributes his success in recruiting to telling the truth and always remembering that he is a United States Marine. "I came to recruiting duty with the same approach as I approach life. Failure is not an option."

Community involvement plays a major role in establishing awareness and rapport within his area, according to Johnson. He takes advantage of every opportunity to get his recruiters out in the public, whether by speaking during a board of commissioners assembly, presenting blue star banners to the city, or reading books to school children.



**Years in USMC (active):** 12

**Primary MOS:** 3381 Food Service Specialist

**Favorite Duty Station:** Rota, Spain

**Favorite Book:** The Life of Chesty Puller

**Favorite Quote:** "Failure is not an option."

**Favorite Movie:** The Rock

**Personal Hero:** Ann Taylor "My Mother"

**Hobbies:** Basketball

Compiled by SSgt. Arsenio R. Cortez, M/PA representative, RS Fort Lauderdale

### Jan 4 OR MORE

**ATLANTA**  
SGT EDGETT 6  
GYSGT POPP 4  
SSGT ALDERMAN 4  
SGT AVERY 4  
SGT MORGAN 4

**COLUMBIA**  
SGT CRAIN 5  
SSGT KING 4  
SGT DAVIS 4  
SGT SAMPIETRO 4  
SSGT DIEHL 4

**FT LAUDERDALE**  
SGT MEYERSON 4  
SGT GOEBEL 4

**JACKSONVILLE**  
SGT HARRIS 4  
SGT MILLER 4  
SSGT ECKARDT 4

**MONTGOMERY**  
SSGT EATON 5  
SSGT MATZNER 4  
SSGT HOLCOMB 4  
SGT DEJESUS 4  
SSGT SWANSON 4  
SGT SCOTT 4

**NASHVILLE**  
GYSGT CARR 4  
SSGT RUSSELL 4  
SSGT BOGIE 4  
SSGT HUTSELL 4  
SGT DEAN 4  
SGT MURRAY 4

**NEW ORLEANS**  
SGT RAYMOND 4  
SGT DODDY 4  
SGT BARNES 4  
SGT NELSON 4  
SGT LANDRY 4

**ORLANDO**  
SSGT LORETSON 4  
SGT FOWLDS 4  
SSGT NASH 4  
SSGT WILLIAMS 4  
SSGT MILLER 4





# LEADING THE PACK

## Top District OSOs YTD:

**NASHVILLE**  
Capt E. Syverson  
SSgt B. Voss  
HRA Mrs Debbie Hollis

**ORLANDO**  
Capt J. Navarro  
GySgt J. Coleman  
HRA Ms Elizabeth Murdock

**JACKSONVILLE**  
Capt D. Roberson  
GySgt B. Hardy  
HRA Ms Bonnie Keller

## Top NCOICs FYTD Based on APR

RANK	RS	RSS	NCOIC	APR
1	FTL	FT MYERS	SSGT SHETROMPF	3.00
2	ORL	RIO PINAR	SSGT CAMACHO	2.80
3	COL	SPARTANBURG	GYSGT ONEAL	2.62
3	MON	FT WALTON	SSGT GONZALEZ	2.62
5	MON	MERIDIAN	GYSGT HODGES	2.50
6	COL	ROCK HILL	SSGT WALLACE	2.38
7	JAX	ALBANY	SSGT ANDERSON	2.36
8	MON	JASPER	SSGT JAMES	2.30
9	MON	PENSACOLA	SSGT MCKENNEY	2.25
10	ORL	BRANDON	SSGT VALDEZ*	2.22
11	COL	N. CHARLESTON	MSGT JAROSZ*	2.20
11	JAX	BRUNSWICK	GYSGT MENENDEZ	2.20
13	NAS	COOKEVILLE	GYSGT HOBBS	2.17
13	COL	GREENVILLE	SSGT SMITH	2.17
15	ATL	DULUTH	GYSGT SAWYER	2.13
16	JAX	JACKSONVILLE	SSGT ANDERSON*	2.11
17	ATL	COLUMBUS	GYSGT HIERS*	2.10
18	ORL	KISSIMMEE	GYSGT ADAMS	2.08
19	FTL	HIALEAH	MSGT GOMEZ	2.00
19	FTL	HOLLYWOOD	SSGT JOHNSON	2.00
19	MON	MOBILE	MSGT LEE	2.00
19	NAS	KNOXVILLE	GYSGT TUCKER	2.00
19	COL	S. CHARLOTTE	SSGT MISHOE	2.00
19	ORL	ORLANDO	MSGT GUILLEN*	2.00
25	COL	ASHEVILLE	GYSGT HILL	1.94
26	COL	COLUMBIA	GYSGT PONDEXTER	1.93
26	ORL	LAKELAND	GYSGT MCDANIEL*	1.93
28	JAX	DAYTONA BEACH	GYSGT MOORE	1.92
28	JAX	PANAMA CITY	MSGT SCHWALBACK*	1.92
28	ATL	DOUGLASVILLE	SSGT MORRIS	1.92
31	JAX	JAX BEACH	SSGT REID	1.91
32	NRL	ALEXANDRIA	SSGT STATEN	1.88
33	JAX	STATESBORO	SSGT WOODBURY	1.83
34	NAS	OAK RIDGE	GYSGT ESWAY	1.82
35	NAS	MEMPHIS	SSGT STOUT*	1.78
35	ORL	ST PETE	GYSGT BERRY*	1.78
37	ORL	BROOKSVILLE	SSGT WILLIAMS	1.76
38	ORL	BRADENTON	SSGT BEAMAN	1.75
38	FTL	MARGATE	SSGT ELLIS	1.75
38	MON	MOBILE	MSGT LEE	1.75
38	MON	PRATTVILLE	SSGT WILBUR	1.75
42	NRL	MCCOMB	GYSGT NIXON*	1.73
43	COL	LEXINGTON	GYSGT TRAMMEL*	1.73
43	NRL	JACKSON	GYSGT HALL*	1.72
43	ORL	SANFORD	GYSGT VILLAFANE*	1.72
46	JAX	GAINESVILLE	GYSGT BOUNDS*	1.72
47	ATL	JONESBORO	GYSGT MERRITT*	1.71
48	ATL	MACON	SSGT WATWOOD	1.70
49	NAS	HUNTSVILLE	GYSGT PENDLETON*	1.68
50	FTL	FT PIERCE	GYSGT JOHNSON	1.67

\*DENOTES 8412

## January Top Recruiters FYTD Minimum six months on production

RS	RECRUITER	NET APR	RANK
NRL	SSGT BROUSSARD	4.00	1
COL	SGT DAVIS	4.00	1
FTL	SGT GOEBEL	4.00	1
ATL	SGT EDGETT	3.80	4
ORL	SSGT MILLER	3.50	5
ORL	SGT NASH	3.50	5
ATL	SGT STEPHENS	3.50	5
COL	SGT HOLLIDAY	3.50	5
COL	SGT MILLER	3.50	5
COL	SGT SAMPIETRO	3.50	5
ORL	SGT AMERSON	3.25	11
ORL	SSGT WINSTON	3.25	12
COL	SGT DIEHL	3.25	12
NAS	SGT TANNER	3.33	14
JAX	SSGT LLANTADA	3.00	15
ORL	SGT FOWLDS	3.00	15
JAX	SSGT ECKARDT	3.00	15
NRL	SSGT CAMPBELL	3.00	15
MON	SGT DEJESUS	3.00	15
ORL	SSGT VALDEZ	3.00	15
ATL	SGT AVERY	3.00	15
COL	SGT CRAIN	3.00	15
COL	SSGT KING	3.00	15
COL	SSGT POWELL	3.00	15
FTL	SGT SYMONETTE	3.00	15
FTL	SSGT TORRES	3.00	15
FTL	SSGT DURAN	3.00	15
FTL	SGT AVILES	3.00	15
ATL	SGT BROWN	2.80	29
MON	SSGT JENSEN	2.75	30
COL	SSGT GINN	2.75	30
JAX	SSGT JUDKINS	2.75	30
JAX	SGT HARRIS	2.75	30
JAX	SGT MYHAND	2.75	30
ORL	SGT TOLLIVER	2.75	30
ORL	SGT COWENS	2.50	36
ATL	SSGT SHERRON	2.50	36
ATL	GYSGT PHILLIPS	2.50	36
ATL	SSGT MARTIN	2.50	36
COL	SGT BERRY	2.50	36
COL	SGT HASELDEN	2.50	36
COL	SGT MOSES	2.50	36
NAS	SGT DEAN	2.50	36
NAS	SSGT KAMINSKI	2.50	36
JAX	SGT MILLER	2.50	36
JAX	SSGT CHADEE	2.50	36





Staff Sgt. Aaron Scarbrough, recruiter, RSS Daytona, Fla., presents Revonda Mullen, mother of LCpl. Wesley Reed, a Blue Star banner and certificate at the Daytona International Speedway Feb. 15. Lance Cpl. Reed is deployed in support of Operation Enduring Freedom.